

Research on the Construction of Innovative Physical Education Teaching Mode in Colleges and Universities

Chengliang Zhang¹, Shiqing Li^{2,*}, Hui YANG³, FuBin Dai⁴

^{1, 2, 3, 4} Qujing Medical College, Qujing, Yunnan, China

478441410@qq.com

*corresponding author

Keywords: College physical education, Teaching innovation, Mode construction

Abstract: In traditional college physical education teaching, most of teachers adopt the traditional teaching mode, which leads to the unsatisfactory teaching effect, and the students' professional skills and physical quality are difficult to be improved efficiently. In view of this situation, colleges and universities will implement quality education in physical education, update teachers' teaching concepts, learn advanced teaching methods, promote the reform and innovation of teaching mode, choose appropriate teaching mode with students as the center, plan and design teaching content with the guidance of all round development, implement hierarchical teaching and promote students to constantly exceed themselves to achieve rapid improvement of sports quality.

1. Introduction

The connotation and essence of physical education in colleges and universities is to cultivate students' concept of lifelong sports and lifelong learning, guide students to actively participate in sports, exercise physical quality, improve professional skills and tap their own potential under the guidance of teachers to lay a solid foundation for future development. For students majoring in physical education, teachers need to guide them to master their own development direction, carry out target teaching and improve the skill level of athletes. Therefore, colleges and universities urgently need new teaching mode and ideas, abandon the shortcomings of traditional education and provide students with new and efficient sports class to achieve the goal of physical education.

2. Current Situation of Physical Education in Colleges and Universities

2.1 Imperfect Implementation of Quality Education

Deeply influenced by traditional education, in the teaching of physical education in colleges and universities, in addition to some courses requiring small classes, teachers basically adopt the traditional teaching mode. Teachers adhere to the traditional education concept, do not update the knowledge reserves in time and have no perfect understanding of quality education. In the class, teachers will leave students free time to reflect the dominant position of students. However, without guidance from teachers, students lack learning and exercise goals, and their initiative is not high, which wastes time and affects the efficiency of class teaching.

2.2 Students' Low Participation

In the teaching of physical education, teachers carry out physical education according to the teaching tasks of the semester and contents of teaching materials, but ignore the students' attitude towards sports exercise learning and students' interests and hobbies, which makes the physical education class relatively boring and difficult to stimulate students' interest in participation. Most of the time, students are perfunctory and have no higher requirement, as long as their performance is passed. This situation is not conducive to the overall development of students, but also affects the change of students' learning attitude, resulting in limiting other aspects of ability development.

2.3 Relatively Traditional Teaching Evaluation Standard

In the field of education in China, examination results have been regarded as the standard of teaching evaluation. In physical education in colleges and universities, this traditional teaching evaluation standard is also used for teaching assessment. Although the content of the examination can master the students' learning achievements in this stage, it can't fully grasp the students' learning attitude, learning effect, the development of each stage, and so on. Some students with poor academic performance will lose their confidence in sports learning. Teachers frequently use this traditional teaching evaluation standard to assess students, which not only has one-sidedness and blindness, but also is not conducive to stimulate students' learning enthusiasm and guide students to realize the shortcomings in their own development. Students lack an effective improvement plan in further study, leading students to keep the old problems, not conducive to the overall development of students.

3. Importance of the Innovation of Physical Education Teaching Mode in Colleges and Universities

3.1 Conducive to the Penetrating Quality Education and Establishing Concept of Lifelong Learning

Colleges and universities are aware of the disadvantages of the traditional education mode, so they actively carry out the innovative construction of teaching mode in physical education teaching. Teachers need to change the traditional teaching concept and pay attention to the development of students. This process is conducive to the penetration of quality education in physical education class, provides teachers with new teaching theories, and promotes class reform and innovation. Integrating the connotation, essence, teaching objectives and theoretical content of quality education into physical education teaching can not only change teachers' teaching concept, but also facilitate the infiltration of lifelong learning concept. It is necessary to guide teachers to adhere to this concept, carry out active learning and improve professional skills. Students can also establish the spirit of lifelong sports and lifelong learning, excavate the connotation of sports, actively participate in sports, and constantly improve the level of professional skills.

3.2 Conducive to Cultivating Students' Comprehensive Quality

In addition to training students' physical quality and improving their professional skills, the physical education teaching in colleges and universities should cultivate students' competitive quality and sports spirit. Through the innovation of the existing teaching mode and the construction of brand-new physical education class, students have broader learning space and divergent thinking, show themselves, and tap their own potential with the help of teachers. At the same time, through a variety of teaching modes, teachers can guide students to experience the fun spirit and cultural heritage contained in sports. Through cooperative learning, students' cooperative spirit and team consciousness are cultivated. Through strengthening practice, teachers can temper students' will and improve their endurance. Through competitive training, students' level of using tactics and technology and calm mind are cultivated. Through a period of time of physical training, the overall quality of students can be improved.

4. Strategies for the Construction of Innovative Mode of Physical Education Teaching in Colleges and Universities

4.1 Build a New Teaching System with Students as the Center

The innovative construction of college physical education practice teaching mode should first change the traditional teaching concept, pay attention to the implementation of the people-oriented

teaching principle, guide teachers to establish the concept of lifelong education, actively analyze the relevant rules and regulations in the new curriculum reform, and understand the essence and connotation of quality education. According to the principle of people-oriented, students should be considered in the main position, and the rationality and feasibility of teaching mode, teaching content and teaching system should be measured. Reform and innovation should be carried out according to the development of students to meet the personalized needs of students and improve the efficiency and quality of physical education teaching. For example, in the teaching of basketball major, physical education teachers need to cultivate athletes' physical strength, such as speed, strength, flexibility, agility, endurance, as well as the basic skills, advanced level, higher level and psychological quality. It is difficult to achieve the expected effect if teachers design and train the students blindly according to the content of the teaching materials. Moreover, there may be the situation that the training plan does not adapt to the students' physical health, leading to the students' injury in the process of exercise. Therefore, before the formal teaching, teachers need to master the specific situation of students, including students' physical quality, professional skills and so on, through some simple tests, questionnaires, and interaction with students. Then teachers set up a reasonable basketball teaching course and optimize the course structure according to the students' situation. In addition, according to the different levels of students, the students can be divided into different groups to carry out hierarchical teaching and improve the quality of physical education teaching.

4.2 Design Teaching Plan with All-Round Development as Guidance

Taking the all-round development as the guidance, innovation of the teaching mode of college physical education makes teachers pay attention to the infiltration of quality education in the physical education class. Teachers need to analyze the core quality of physical education, choose the teaching content and teaching mode, design a reasonable teaching plan according to the content of the core literacy to realize the comprehensive training of students. For example, in the teaching of basketball major, the improvement of basketball skills of athletes can't be separated from sports strength and professional skills, but also need to have good psychological quality. Therefore, teachers should make three different plans according to the requirements of athletes' all-round development, and ensure the relevance of the plans. For example, in the strength teaching, teachers guide the athletes to exercise their own major muscle groups, and gradually increase the physical exercise load, so as to have enough strength to support the athletes to complete the whole competition. In the process of strength training, teachers can also use this to cultivate athletes' endurance and temper their will, and carry out teaching of basic skills in different stages according to different stages of strength training. In the process of teaching and guidance, teachers need to observe the performance of students and adjust the training plan appropriately to avoid threatening the health of students. After a period of training teaching, teachers can organize students to carry out competitive competitions. Through the competition, teachers can intuitively understand the specific situation of students' using skills and tactics, and can also master the students' emergency response ability, which provides an important basis for the following guidance and training. In the process of teaching, teachers can carry out target teaching and set phased training objectives according to the different development degree of each group. Students' physical ability and skill level are included in the training objectives. Teachers can stimulate students' desire to challenge, guide students to exceed themselves step by step, achieve the goal of each stage, and finally achieve the ultimate goal, so as to improve the comprehensive quality of students.

4.3 Build a Diversified Teaching Evaluation System

In teaching evaluation, teachers should innovate the traditional evaluation standards and methods, guide students to participate in the evaluation process, and build a diversified teaching evaluation system. In the evaluation work, carrying out the mutual evaluation between students, self-evaluation of students, self-evaluation of teachers, mutual evaluation between teachers and students can

provide teachers with more comprehensive evaluation information and ensure the objectivity and comprehensiveness of evaluation. At the same time, teachers should also pay attention to the comprehensive application of stage evaluation and summative evaluation, evaluate the performance of students in this stage with the students' stage goals as the standard, and do a good job of file recording in each stage of evaluation, so as to provide an important basis for the final evaluation. After mastering the development of students at each stage, teachers can understand the efforts and development potential of students, so as to give scientific and reasonable evaluation.

5. Conclusion

In a word, under the background of innovative education, physical education teaching in colleges and universities is no longer suitable for the development of the times. It is necessary to carry out positive reform and innovation, take students as the center, take the overall development as the guidance, construct a new teaching system, select appropriate teaching content, innovate diversified teaching evaluation system, and promote the improvement of students' comprehensive quality.

References

- [1] Wen Congming, Huang Congliang. Research on the Construction of College Physical Education Reform Mode from the Perspective of Innovative Education. *Sport & Style*, vol.000, no.002, pp.131-131, 2018.
- [2] Tan Xianglie. Approach to the Construction of Innovative Mode of Physical Education Teaching in Colleges and Universities. *Journal of Jiamusi Vocational College*, vol.36, no.7, pp.143-144, 2020.
- [3] Wang Ying. Construction of Innovation System of College Physical Education Teaching Mode Based on Sunshine Sports. *Youth*, no.5, pp.164, 2020.
- [4] Chen Lei. Research on the Current Situation of Physical Education in Colleges and Universities and Countermeasures for Its Reform and Improvement. *Contemporary Sports Technology*, vol.10, no.12, pp.1,3, 2020.